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The Family Friend

A collection of articles and quotes to aid your family in daily living.

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How Old Are You?

By
Jerrie Barber

When asked about one's age, some people lie, some deny, and some camouflage the true number. But anyone who is living is getting older. What can my attitude be toward increasing age?

Appreciate Individuals, Not Age Groups

It is unwise to make a general statement about infants, pre-schoolers, teenagers, young adults, middle-agers, or old folks. Every person is worth more than all the world-regardless of age (Matthew 16:26).

Youth has the advantage of energy, enthusiasm, optimism, and usually a longer time to develop potential.

Older years bring added happiness if the increased age is accompanied by wisdom, pleasant memories, and service to God. "The silver-haired head is a crown of glory, if it is found in the way of righteousness" (Proverbs 16:31).

Let us look for the best in each person we meet, recognize it, encourage it, and try to develop it regardless of the age of the individual.

We Are Becoming the Person We Will Be

Some day most of us will meet an old person. He may be grumpy, ill-tempered, and hard to get along with. Or he may be gracious, wise, and helpful. But the good news is that I can choose this person that I must live with, because that person will be me. You and I are becoming the person we will be.

Tennyson expressed it this way:

*Ah, what shall I be at fifty
Should nature keep me alive,
If I find the world so bitter
When I am but twenty-five?*

Live Today, Content

Recalling the "good ol' days" is not a new practice. "do not say, 'Why were the former days better than these?' For you do not inquire wisely concerning this" (Ecclesiastes 7:10).

All of our time and thoughts should not be on the future to the exclusion of being productive today (Matthew 6:34).

We should serve well today, regardless of the number of birthdays. "For I have learned in whatever state I am, to be content" (Philippians 4:11).

Years ago, a little boy wrote a man and ended the letter with the statement, "I hope you live all your life." This can only be done when we thank God for today and today's opportunities and eliminate the excuses, "I'm too old," or "I'm too young."

Rather we can say, "Thank God, I am alive. I will do what I can today."

Beatitudes For Friends Of The Aged

Blessed are they who understand my faltering steps and shaking hand.

Blessed are they who know that my ears today must strain to catch the words they say.

Blessed are they who seem to know that my eyes are dim and my wits are slow.

Blessed are they who looked away when my coffee spilled today.

Blessed are they who, with a cheery smile, stopped to chat for awhile.

Blessed are they who never say, "You've told that story twice today."

Blessed are they who know the ways to bring back lovely yesterdays.

Blessed are they who make it known that I am loved, not left alone.

Blessed are they who know the loss of strength which I now need to bear the cross.

Blessed are they who ease the days on my journey home in so many loving ways.

Two Good Forgivers

By Norman & Ann Bales

Robert Quillen was a journalist and humorist in the early part of the twentieth century. He left behind many quotable lines, but this has to be among the best

A happy marriage is the union of two good forgivers.

There's no way to make life work without forgiveness. We've all been offended, and we've all committed offenses. There's no way to receive forgiveness from God without graciousness. Jesus said, "... if you do not forgive men their sins, your Father will not forgive your sins" (Matthew 6:15).

In the latter part of Ephesians 4, Paul identifies several Christian behavior traits that are the polar opposites of Gentile practice. The last quality he discusses is forgiveness. *"Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you"* (32).

The necessity of forgiveness cannot be rationalized, compromised, explained away, or avoided. It's one of those practices that sets Christians apart from the secular counterparts.

Marriage provides life's most practical workshop for the development of a forgiving spirit. So how do we make it happen? Here are a few practical suggestions.

1. Don't go to bed angry.

We know you've heard that one before. Touch and affirm before you go to sleep. You'll sleep better and things will look better in the morning.

2. Don't be too proud to apologize.

All husbands and wives do and say thoughtless, cruel, inconsiderate, and self-serving things. "I'm sorry" doesn't make it right, but neither does stonewalling.

3. Give a little. To us a relationship between two married people becomes a bond between two good forgivers when both are willing to give up opinions, plans, dreams, and ideas about how to do things. If you approach marriage with the "my-way-or-the-highway" attitude, you're probably going to see lots of asphalt.

4. Forfeit the right to be right. Someone recently asked, "Aren't most marriage disagreements about money?" We'll concede that money is often the excuse for battle, but the war is over who's right. If we could be a little more interested in "what's right" and "what's workable" we might be surprised how much our marriages will improve.

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Don't be so hard nosed. We both admit to stubbornness, but when we cling to our hardheaded assumptions, we shut down helpful communication. There's a part of Paul's instruction we sometimes overlook. He said, "Be kind." Kindness is not an indication of weakness.

We don't guarantee our suggestions to work. But how well is your current communication style working? If you're at such an impasse that no one will budge, no one will admit to being wrong, no one will apologize, and no one seems to care, you might want to develop a different game plan. We think ours has potential. Who knows? Maybe the two of you will become good forgivers.

-via *All About Families*

Heaven and Home

With the same letter
Heaven and Home begin.
They dwell together in the
mind;
For they who would a home in
heaven win,
Must first a heaven in home
Begin to find.

—Author Unknown